

WALKING THROUGH THE STORM



*Colouring
mini-book*



♥ Breathe
♥ Be Kind
♥ Take It One
♥ Step at a Time
♥ You Matter

1. My calm corner



♥ 2. Things that ☆ ☆ help me feel steady ♥



Reading



Listening
to music



Warm drink



Look at
something nice



Hug something
soft



Draw or
colour



Take deep
breaths



Move
my body



Write or
journal



Go outside

3. A small brave step today



- ♥ Say how I feel
- 💬 Ask for help
- ★ Try something new
- 😊 Take a break
- 🌸 Be kind to someone
- 🌈 Keep going

